



Serves: 4

Grilled Red Mullet Fish with Colo Colo Dip

Ingredients

Fish

- Red mullet fish 500g
- Small lime 4
- Sweet soya sauce 2 tbsp
- Shallot, sliced 10g
- Rice bran cooking oil 2 tsp
- Salt & pepper, to taste

Sauce

- Chilli sauce 1 tbsp
- Red chilli, sliced 5g
- Lime leaf 2
- Lime 1

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- The recommended amount for sodium a day is not more than 1 teaspoon of salt.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Marinate fish with lime, salt, pepper and oil.
- Grill until fish is cooked.
- Mix all other ingredients for the sauce with a dash of lime. Serve on the side with the grilled fish.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 191kcal

Protein 24.9g

Total fat (g and % of total calories)
7.0g (34.5%)

Saturated fat 1.9g

Cholesterol 61mg

Carbohydrate 5.0g

Dietary Fibre 0.2g

Sodium 389mg